1.

 Go to [www.jogtheweb.com](http://www.jogtheweb.com) using the Firefox browser.

2.

 Download the extension and ……….

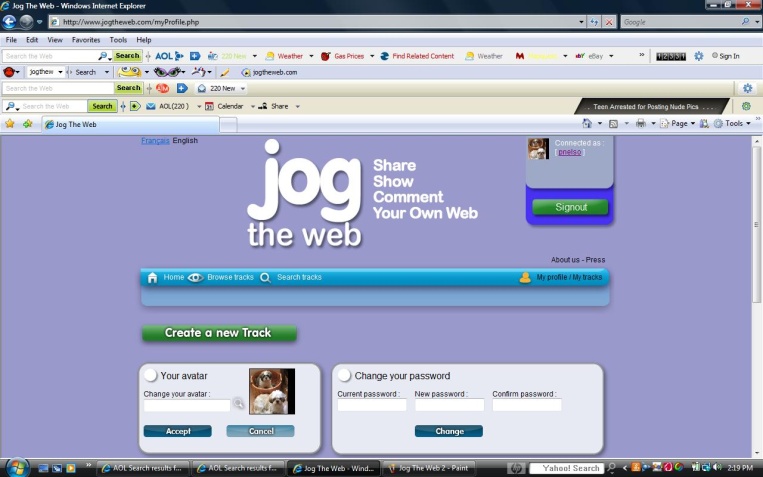
 it will put an icon on your toolbar.

3.

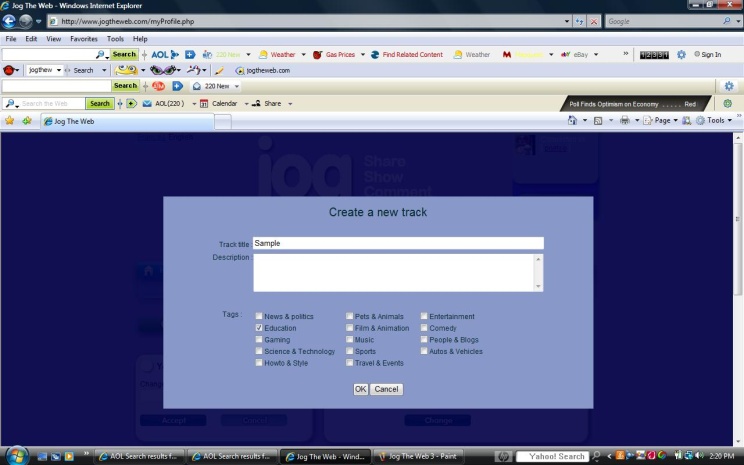
 Click on the register button and. . . . . . . .

 type in your information. A confirmation email will be sent to you with a link on it. When you click the link, it will take you back to Jog the Web and you will be ready to start making tracks.

4.

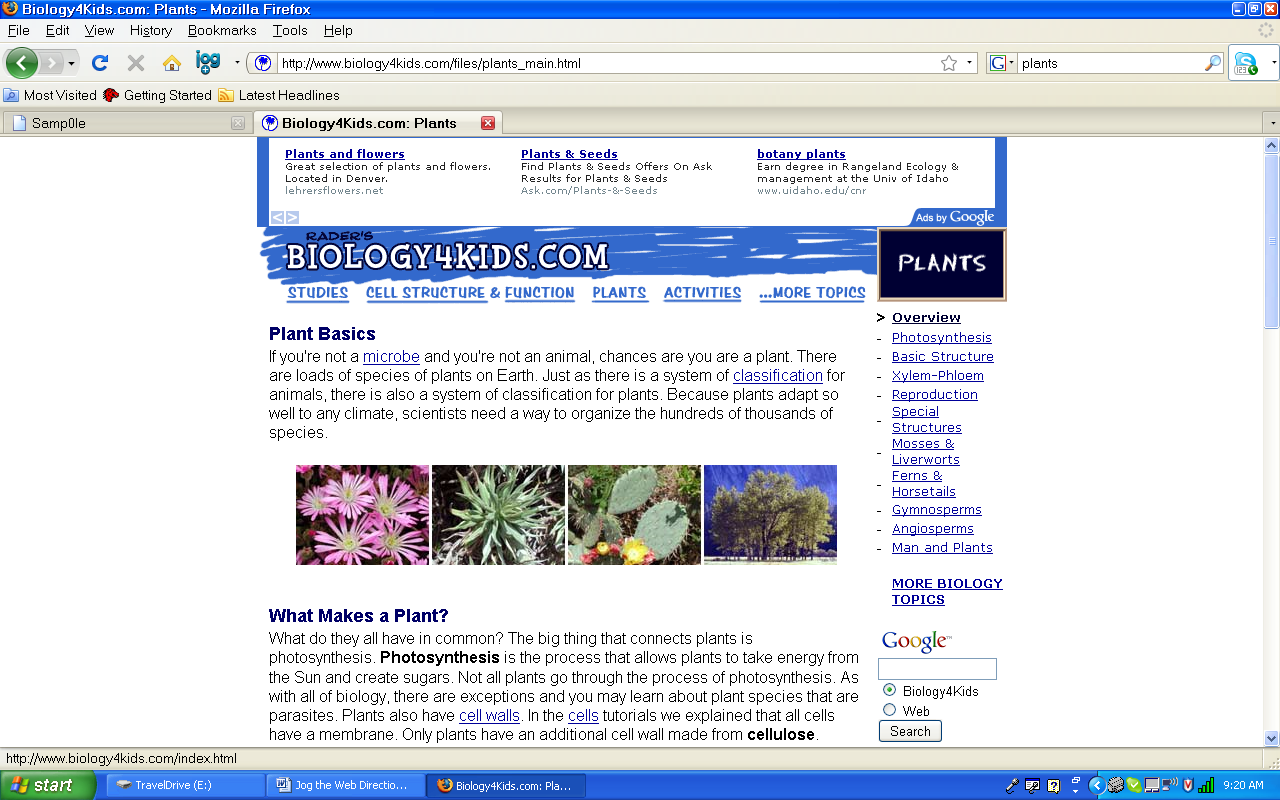
 Click on the Create a New Track button.

5.

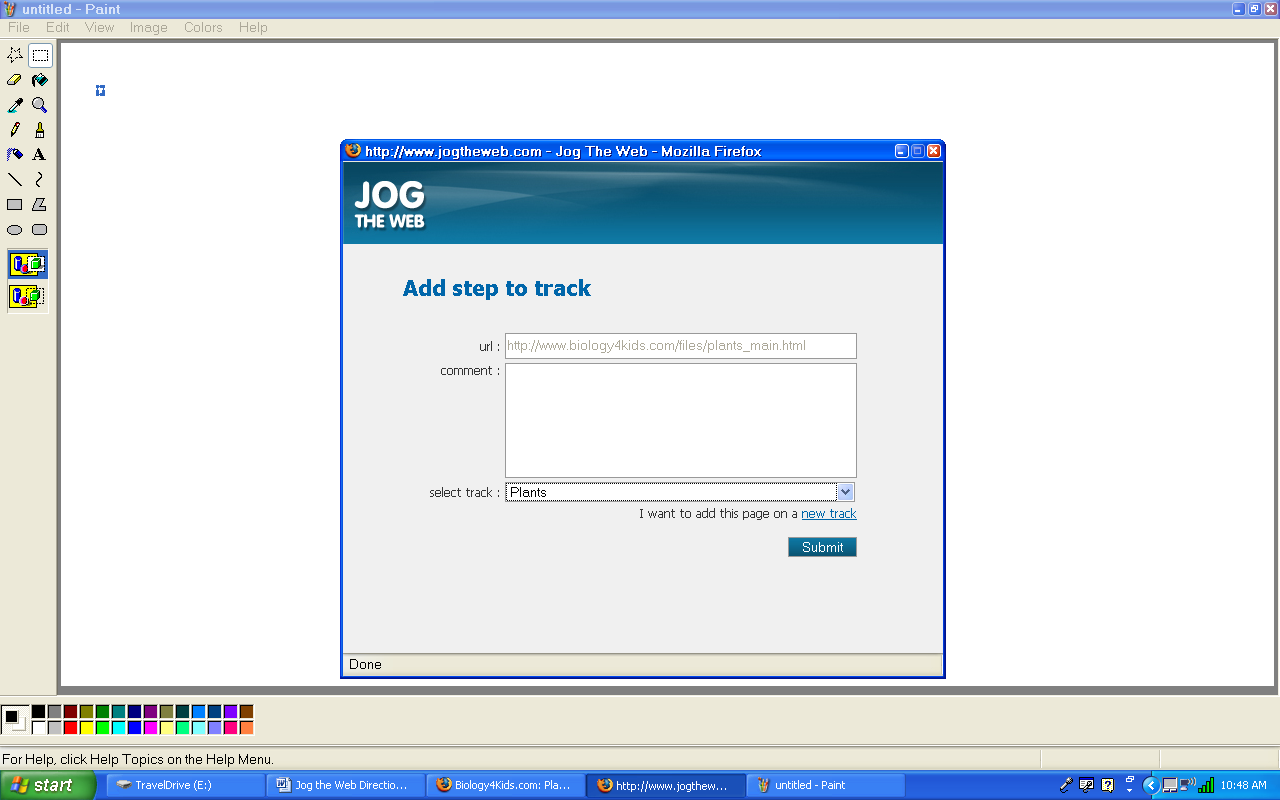
 Create a title for your track and check one of the boxes. Click OK

.

6.

 Open the web page you want to add to your track, and click on the Jog the Web icon on the toolbar.

7.

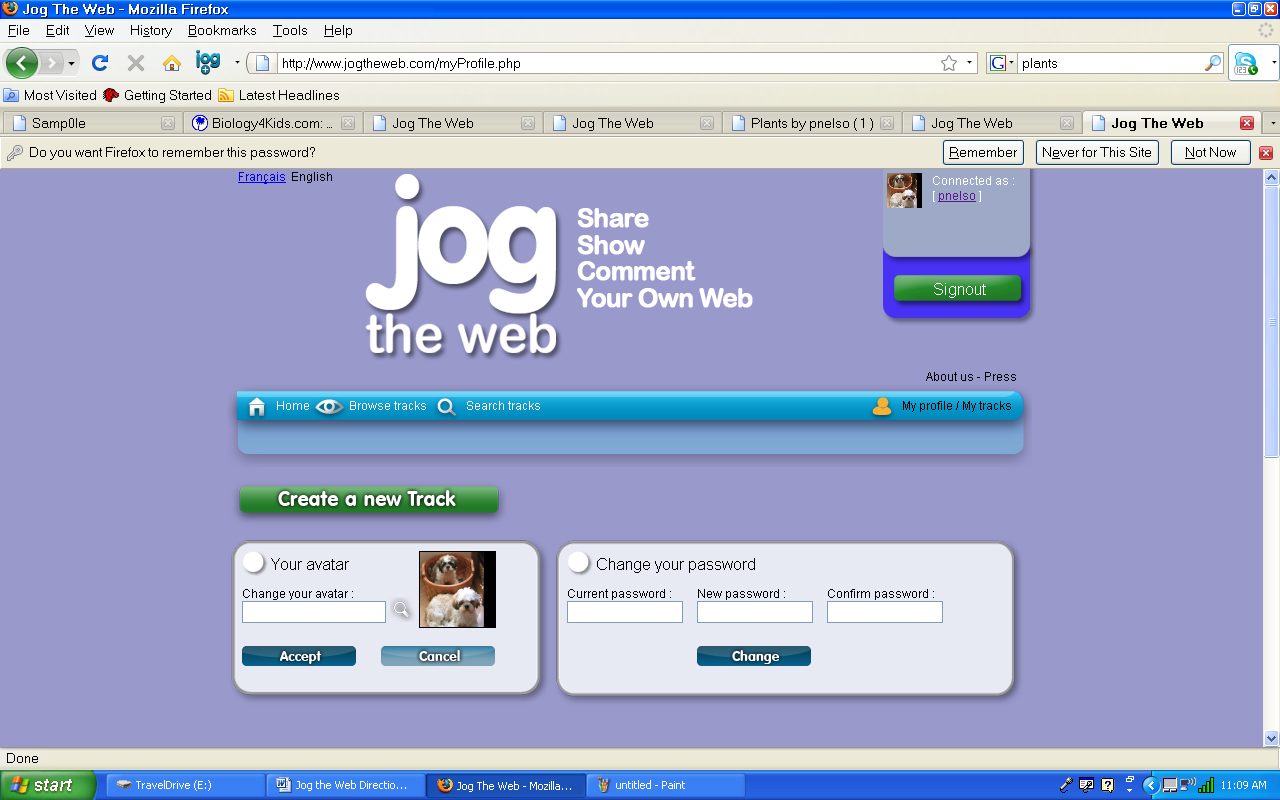
 This window will open. If you have more than one track on the site, you could change the select track window to what you want to add the website to. Once you have the correct track, click on the submit button. Continue steps 6 and 7 until you have all your websites.

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8.

 To see your Jog the Web, go to Jog the Web and sign in with your email address and password

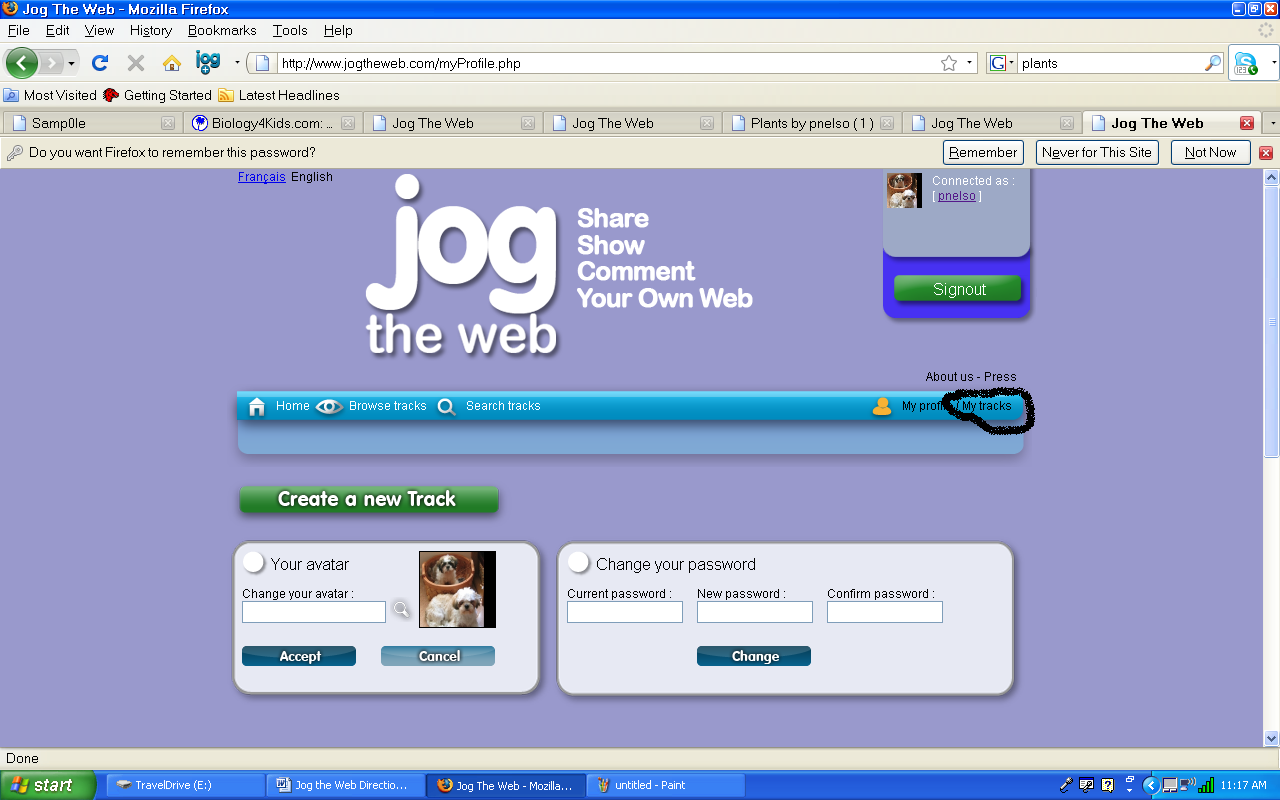
9.

 This window opens

10.

 You can create a new track or……….

11.

 go to My Tracks to see all that you have created.

12.

